

Abstract

Title of bachelor thesis: Case study: Physiotherapy treatment of a patient with the diagnosis of lumbar and other intervertebral discs disease with radiculopathy

Aims: To summarize the theoretical knowledge about functional anatomy, biomechanics and kinesiology of axial system, the pathophysiology of degenerative vertebral disease and about vertebrogenic radicular syndromes its diagnosis and therapy. Concept and execution of physiotherapy treatment of a patient with a subsequent evaluation of its effect.

Methods: This thesis is divided into two parts - theoretical and special. The theoretical part is processed in the form of research and includes theoretical knowledge regarding the etiology, diagnosis and treatment of vertebrogenic radicular syndromes. The special part is processed in the form of case study.

Results: The chosen therapy had a positive effect on the patient. Increased strength of paretic muscles of left lower limb, improved the dynamics of the spine, adjusted muscle imbalances in the area of pelvic girdle, improved posture and gait stereotype.

Key words: axial system, intervertebral disc, degeneration of intervertebral disc, vertebrogenic radicular syndrome, physiotherapy